

GOAL SHEET - Intermediate Band

FRIDAY			
	Specific section(s) I worked on	Met. Mark	Practicing Strategies Used
Exercise/Book (30-40%)			
Performance Music (60-70%)			
Other Materials			
Total Minutes:			Parent Initials:

SATURDAY			
	Specific section(s) I worked on	Met. Mark	Practicing Strategies Used
Exercise/Book (30-40%)			
Performance Music (60-70%)			
Other Materials			
Total Minutes:			Parent Initials:

SUNDAY			
	Specific section(s) I worked on	Met. Mark	Practicing Strategies Used
Exercise/Book (30-40%)			
Performance Music (60-70%)			
Other Materials			
Total Minutes:			Parent Initials:

MONDAY			
	Specific section(s) I worked on	Met. Mark	Practicing Strategies Used
Exercise/Book (30-40%)			
Performance Music (60-70%)			
Other Materials			
Total Minutes:			Parent Initials:

TUESDAY

Exercise/Book (30-40%)	Specific section(s) I worked on	Met. Mark	Practicing Strategies Used
Performance Music (60-70%)			
Other Materials			
Total Minutes:			Parent Initials:

WEDNESDAY

Exercise/Book (30-40%)	Specific section(s) I worked on	Met. Mark	Practicing Strategies Used
Performance Music (60-70%)			
Other Materials			
Total Minutes:			Parent Initials:

THURSDAY

Exercise/Book (30-40%)	Specific section(s) I worked on	Met. Mark	Practicing Strategies Used
Performance Music (60-70%)			
Other Materials			
Total Minutes:			Parent Initials:

WEEKLY REFLECTION

Total Minutes for the Week: _____

2 things I'm better at

1. _____

2. _____

3 Things that still need improvement

1. _____

2. _____

3. _____

GOAL SHEET INSTRUCTIONS

1. Create a plan each day for what and HOW you will practice.
2. Use your metronome, tuner and other highly effective practicing tools/strategies. Your practicing should include a balance between exercises and performance music. This is **IMPERATIVE** for your success and long-term improvement.
3. Log the # of minutes practiced and get your parent initials for verification.

4. Goal sheets are due every Friday or at the next class meeting.

SCORING

TOTAL = 40 points

- 16 points - 120 total minutes
 - 8 points - 6 days of practice
 - 8 points - use of Metronome, Tuner and Practicing Strategies
 - 4 points - Weekly Reflections
 - 4 points - 30 Minutes in C101
- The policy for late assignments applies to Goal Sheets. Goal sheets without total minutes for the week or missing parent initials will be graded as an incomplete.